

For People with Disabilities:

- ✓ Create a support network to help in an emergency.
- ✓ Tell these people where you keep your emergency supplies.
- ✓ Give one member of your support network a key to your house or apartment.
- ✓ Contact your city or county government's emergency information management office.
Many local offices keep lists of people with disabilities so they can be located quickly in a sudden emergency.
- ✓ Wear medical alert tags or bracelets to help identify your disability.
- ✓ If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility.
- ✓ Show others how to operate your wheelchair.
- ✓ Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.

Additional Supplies for People with Disabilities:

- ✓ Prescription medicines, list of medications including dosage, list of any allergies.
- ✓ Extra eyeglasses and hearing-aid batteries.
- ✓ Extra wheelchair batteries, oxygen.
- ✓ Keep a list of the style and serial number of medical devices.
- ✓ Medical insurance and Medicare cards.
- ✓ List of doctors, relatives or friends who should be notified if you are hurt.